



# LIFELONG RECREATION

*Providing fitness and social programs  
for people 50 and better*

***Fall 2006***

*October 2 – December 15*



8061 Densmore Ave N ☪ Seattle, WA 98103 ☪ 206-684-4951

## Senior Adult Programs

8061 Densmore Ave N

Seattle, Washington 98103

206-684-4951 Fax 206-684-4957

TDD Only 206-684-4950

Visit us on the web: [www.seattle.gov/parks/Seniors/index.htm](http://www.seattle.gov/parks/Seniors/index.htm)

### Office Hours

Monday – Friday

8 a.m. – 3 p.m.

### Program Dates

October 2 – December 15, 2006

### Holidays (No classes)

Friday, November 10, Veterans' Day Observed

Thursday, November 23 and Friday, November 24, Thanksgiving Holiday

### Registration

*Class registrations* Begin September 18. *Trip registrations* are phone-in only and begin on the date listed for each trip. Please see page 23 for details.

### Professional Staff

Ken Bounds, Superintendent

B. J. Brooks, Deputy Superintendent

Christopher Williams, Operations Director

Kathie Huus, Special Units Manager

David Jensen, Senior Adult and Specialized Programs Manager

Linda Guzzo, Administrative Specialist I

### Recreation Staff

Carol Baxter, Recreation Specialist

Marigrace Becker, Sound Steps Walking Program Specialist

Cheryl Brown, Recreation Specialist

Mary Dalzell, Recreation Specialist

Jayla McGill, Recreation Specialist

Tim Pretare, Recreation Specialist

Angela P. Smith, Recreation Specialist

### Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### Inclement Weather Policy

If Seattle Public Schools are closed, **all** senior programs are cancelled. For further information about inclement weather closings, please call the Senior Adult Programs office at 206-684-4951 prior to venturing out.

### Exercise Reimbursement Notice

Some health insurance companies will reduce premiums with proof of enrollment in an exercise class — just be sure to ask for a receipt!

### Make-Ups

We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class, bring your payment receipt, and sign waiver.

## AUTUMN MESSAGE FROM DAVID JENSEN

Dear Fellow Recreators,

Fall brings many colorful changes and Seattle Parks and Recreation programs for people age 50 and better are no different.

I want to first thank our Advisory Council members for their support, their insight, and for the work they are doing to improve our service to you. They have 1) developed ways to better manage the budget by planning and monitoring our funds related to the programs offered through the council, 2) established revenue goals and planned their first fundraiser and, 3) been, and continue to be, visible and strong advocates for YOU, speaking effectively to our community leaders and decision makers about what is important for people 50 and better to stay active and vital.

I have stated in previous messages that we need to consider ways to increase our revenues to be viable. We are requesting support from the City to improve and support our physical activity and social engagement programs; we are asking for corporate and local businesses to sponsor our programs; and we are going to minimally increase our fees. The increased fees will probably be seen as the decision that affects you the most; but we hope you will understand our decision. An increase in fees, to the best of our knowledge, has not occurred for some time. We need to cover the cost of instructors; the increasing cost of utilities and gas; and the purchase and maintenance of equipment. Our goal is that no one will be excluded from program because of these fee changes and we will work with you if the increases are difficult for you to manage. The change will probably mean just a dollar or two over the course of the quarter. The instructors and the recreation specialists will discuss this fee change with you before winter registration occurs and get your feedback. These fee increases will be reflected in the 2007 winter quarter.

Also this winter quarter, we will join the rest of Parks and implement the CLASS registration program that will allow you to register for classes from anywhere in the Parks system. This change will apply only to classes and NOT trips at this time. There will be special considerations for people who are taking fitness classes that are ongoing. You will now have the option of using your credit/debit cards to pay. Again the instructors and recreation specialists will talk directly to you about this new registration system.

Since I have been here, people have discussed with me their desire for us to consider a name change to reflect our broad range of programming to many age cohorts and that many people age 50 and better don't consider themselves "senior." With that information, I asked people age 49 to 90 if they would be more apt to come to programs not called "senior" and if the classes reflected their interests. We will continue to broaden our offerings and establish more accessible best practice programs and with that in mind, we are also going to change our name (NOT WHAT WE DO) to **Lifelong Recreation: Providing fitness and social programs for people age 50 and Better.**

Your feedback on any of these items is welcome. Stay active and well!

Best Regards



David Jensen, Manager

Phone: 206-684-4951

<http://www.seattle.gov/parks/seniors/index.htm>

# IMPORTANT PAYMENT NOTICE

Please note that beginning Fall Quarter 2006, all payments made by check or money order for Senior Adult classes, events, and field trips are no longer made payable to Senior Adult Advisory Council.

From Fall Quarter on, please make all checks or money orders payable to:

**City of Seattle**



**REGISTRATION CHANGES EFFECTIVE FALL 2006**



## **Class/Workshop/Special Event Registration**

- You may still send your payments to the Recreation Specialist in your area (see instructions on page 23).
- You may also go to your local community center to register for classes and/or workshops.
- You may now pay by credit card. We accept MasterCard, Visa, and American Express.

## **Field Trip Registration**

Field trip registration will still be made by phone at a pre-set registration date/time. No advance registrations or payments may be made for field trips at this time. See page 23 for more specific information.

# Senior Adult Programs ☎ 206-684-4951

Main Office: 8061 Densmore Ave. N., Seattle, 98103

Office Hours: 8 a.m. – 3 p.m.

## Seattle Parks and Recreation Reference Guide

### CITYWIDE LOCATIONS

Amy Yee Tennis Center .....	684-4764
2000 MLK Jr Way S • 98144	
Aquarium.....	386-4345
Pier 59 • 1483 Alaskan Way • 98101	
<b>Sound Steps Walking Program Specialist:</b>	
Marigrace Becker.....	684-4664
Woodland Park Lawn Bowling .....	782-1515
6018 Whitman North	
Woodland Park Zoo .....	684-4040
5500 Phinney Ave N • 98103	

### NORTH

Ballard CC .....	684-4093
6020 28th Ave NW • 98107	
Ballard Pool .....	684-4094
1471 NW 67th St • 98117	
Bitter Lake CC .....	684-7524
13035 Linden Ave N • 98133	
Carkeek Park ELC .....	684-0877
950 NW Carkeek Park Rd • 98177	
Evans Pool .....	684-4961
7201 E Green Lake Dr N • 98115	
Green Lake CC .....	684-0780
7201 E Green Lake Dr N • 98115	
Laurelhurst CC .....	684-7529
4554 NE 41st St • 98105	
Loyal Heights CC .....	684-4052
2101 NW 77th St • 98117	
Madison Pool .....	684-4979
13401 Meridian Ave N • 98133	
Magnuson CC .....	684-7026
7110 62nd Ave NE • 98115	
Meadowbrook CC .....	684-7522
10517 35th Ave NE • 98125	
Meadowbrook Pool .....	684-4989
10515 35th Ave NE • 98125	

Northgate CC .....	386-4283
10515 5th Ave NE • 98125	
Ravenna-Eckstein CC .....	684-7534
6535 Ravenna Ave NE • 98115	
<b>Northeast Recreation Specialist:</b>	
Jayla McGill.....	386-9106
<b>Northwest Recreation Specialist:</b>	
Carol Baxter.....	233-7138

### CENTRAL

Discovery Park ELC.....	386-4236
3801 W Government Way • 98199	
Garfield CC.....	684-4788
2323 East Cherry • 98122	
Int'l District/Chinatown CC .....	233-0042
709 8th Ave S • 98104	
Langston Hughes Perf. Arts Ctr .....	684-4757
104 17th Ave S • 98144	
Magnolia CC .....	386-4235
2550 34th Ave W • 98199	
Medgar Evers Pool .....	684-4766
500 23rd Ave E • 98122	
Miller CC .....	684-4753
330 19th Ave E • 98112	
Montlake CC .....	684-4736
1618 E Calhoun St • 98112	
Pratt Fine Arts Center .....	328-2200
1902 S. Main St • 98144	
Queen Anne CC .....	386-4240
1901 First Ave W • 98119	
Queen Anne Pool .....	386-4282
1920 First Ave W • 98119	
Yesler CC .....	386-1245
917 E Yesler Way • 98122	
<b>Central East Recreation Specialist:</b>	
Cheryl Brown .....	233-7255
<b>Central West Recreation Specialist:</b>	
Tim Pretare.....	684-4240

### SOUTH

Alki CC.....	684-7430
5817 SW Stevens • 98116	
Camp Long ELC .....	684-7434
5200 35th Ave SW • 98126	
Colman Pool .....	684-7494
8603 Fauntleroy Way SW • 98136	
Delridge CC .....	684-7423
4501 Delridge Way SW • 98106	
Hiawatha CC.....	684-7441
2700 California Ave SW • 98126	
High Point CC .....	684-7422
6920 34th Ave SW • 98126	
Jefferson CC .....	684-7481
3801 Beacon Ave S • 98108	
Rainier CC .....	386-1919
4600 38th Ave S • 98118	
Rainier Beach CC.....	386-1925
8825 Rainier Ave S • 98118	
Rainier Beach Pool .....	386-1944
8825 Rainier Ave S • 98118	
Seward Park ELC .....	684-4396
5902 Lake Washington Blvd • 98199	
South Park CC .....	684-7451
8319 8th Ave S • 98106	
Southwest CC.....	684-7438
2801 SW Thistle St • 98126	
Southwest Pool.....	684-7440
2801 SW Thistle St • 98126	
Van Asselt CC .....	386-1921
2820 S Myrtle St • 98126	
<b>Southeast Recreation Specialist:</b>	
Angela P. Smith .....	684-7484
<b>Southwest Recreation Specialist:</b>	
Mary Dalzell.....	935-2162

### Fees and Charges

The Senior Adult Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program fees include a 10% fee which is paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

### Refunds

It is the policy of the Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, special event, or program that is cancelled for any

reason by Parks and Recreation will receive a full refund.

- Anyone who registers for a trip, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a trip, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

### Non-Discrimination Policy

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the

basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap (SMC 18.12.280).

### Persons With Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 206-386-4951 or (TDD ONLY 206-684-4950). **If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids.** If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.



## Citywide Events & Programs

### Halloween Dance

October 30

**Free**  
1 – 3 p.m.

*Welcome ghosts and goblins to the Halloween Costume Ball at the Seattle Center House.*

Dance with The Rhythm-Aires. Wear your best costume and enter the contest or come as yourself! Prizes awarded for the best costumes! Food Lifeline donations of non-perishable food or money are greatly appreciated. Call the Mayor's Office for Senior Citizens, 206-684-0500, for more information.

**Location: Seattle Center House, 305 Harrison St**

### Holiday Ball

December 4

**Free**  
1 – 4 p.m.

*A sure way to get into the holiday spirit is to join us for the annual Holiday Ball at the Seattle Center House.*

This is a free senior holiday dance at the Seattle Center House with the "Seattle Swing" band. Light refreshments available or have lunch at the Seattle Center on your own. There will also be a "Dance for Fun" ballroom dance troupe demonstration held starting at 11:30 am. Food Lifeline donations of non-perishable food or money are greatly appreciated. For more information, please call the Mayor's Office for Senior Citizens, 206-684-0500.

**Location: Seattle Center House, 305 Harrison St**

### Chess Tournament

Fri, Nov 17

**Free**  
2:30 – 4:30 p.m.

*A wonderful game of strategy – checkmate!*

All ages are welcome. The Fall Intergenerational Chess Tournament will be held at Loyal Heights Community Center (located at 2101 NW 77th). Coffee, punch and treats provided. Bring your chessboard and pieces. Call 233-7138 for further details.

### Fall Hoedown Line Dance

Mon, Nov 27

**\$5.50**  
10:30 a.m. – 12:30 p.m.

Line dancing is more fun with your Western Duds on! Prizes for best outfits! Line dance from 10:30 a.m. to 12:30 p.m.; lunch on your own in the Seattle Center House; then stay for the start of the Senior Ballroom Dance, which features live music.

**Register by calling 206-684-4951 starting September 25 at 8 a.m.**

#### Van Pick-Ups:

**Hiawatha 9:30 a.m. / Jefferson 9:45 a.m. / Yesler 10:00 a.m.**

**Ravenna-Eckstein 9:30 a.m. / Ballard 9:45 a.m.**

**Please make checks payable to: City of Seattle, and mail to Senior Adult Programs, Attn Linda, 8061 Densmore Ave N, Seattle, WA 98103-4436.**

### Monday Movies

**\$1 per movie**

Nostalgia and Nouveau, we have it all! Join us as we screen movies on the big screen in the theatre at Langston Hughes! Call in your suggestions for movies, and we will see if we can get it!

**Mondays**

**Noon – 3 p.m.**

**Langston Hughes PAC**

### Coffee Hours at the

### Mayor's Office for Senior Citizens

**Free**

What's on your mind when it comes to City programs and services? Seniors will have the opportunity to talk with councilmembers at coffee hours sponsored by the Mayor's Office for Senior Citizens (MOSC). Coffee and cookies will be served. For more information, please call the Mayor's Office for Senior Citizens, 206-684-0500, or visit the web site [www.seattle.gov/humanservices/mosc](http://www.seattle.gov/humanservices/mosc)

**Location: Central Building, 810 3rd Ave, Ste 350 (The Central Building is on 3rd Avenue between Columbia and Marion.)**

**Third Thursdays of the month**

**10 – 11 a.m.**

**September 21: Councilmember Richard Conlin**

**October 10: Special Guest TBD**

**November 16: Councilmember Peter Steinbrueck**



#### SOUND STEPS

### Sound Steps Walking Program

**Free**

Sound Steps finished up the summer with the first ever Sound Steps Walk-N-Roll Funwalk in Seward Park. But if you missed the festivities, it's not too late to start walking and look and feel your best! This fall, Sound Steps offers FREE walking groups throughout the city. Enjoy some of Seattle's most beautiful walking locations: Seward Park, Discovery Park, Alki Beach, and more. If you're ready to get outside the city, try a Sound Steps hike from the SE sector. Look through the brochure, and if there's not a walking group near you, we'll help you start one!

Sound Steps also offers maps of local trails, prizes, and free health seminars. To register, call Mari Becker in the Senior Adult Programs office, 206-684-4664, or e-mail: [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov).

**Call for Volunteers!** Interested in leading walks or driving a van for hikes? It's easy and can take as little as one hour a week. Help a whole group succeed, while you get healthy too! Call Mari Becker, 206-684-4664.

## Southeast Classes and Special Events

### Southeast Registration Information Classes/Special Events

**Angela P. Smith, Recreation Specialist**  
206-684-7484

E-mail: [angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)

**Fall Quarter Dates:** October 2 – December 15

**No classes:** Fri, Nov 10; Thu, Nov 23; Fri, Nov 24

**Class Registrations:** Begin September 18 at 8 a.m. by calling 206-684-7484

**All Class Payments:** Please make checks payable to: **City of Seattle**. Mail payments to: Senior Adult Programs, Attn: Angela – SE, 8061 Densmore Ave N, Seattle, WA 98103-4436.

#### Southeast Sector Sites

Jefferson CC .....	3801 Beacon Ave S
Rainier CC .....	4600 38th Ave S
Rainier Beach CC .....	8825 Rainier Ave S
Rainier Beach Pool .....	8825 Rainier Ave S
Seward Park ELC .....	5902 Lake Washington Blvd
Van Asselt CC .....	2820 S Myrtle St

### AEROBICS, FITNESS, AND DANCE

#### Senior Aerobics with Jean Inouye \$20

Time to re-energize, put a spring in your step, and feel better. Body conditioning class on that will fit all your physical needs. Small hand weights available.

**#11036 Mon 8:30 – 9:30 a.m. Jefferson CC**

#### Senior Aerobics with Jane Shearer \$20

Low-impact dance aerobics. One-hour session includes dyna-bands, stretching, and floor exercises.

**#11083 Wed 8:30 – 9:30 a.m. Jefferson CC**

#### Enhance Fitness \$48

Aerobic fitness designed for seniors with the option to use a chair for support. Improve balance and cardiovascular in this low-impact class. Standard performance used to measure your progress. Group Health Reimbursement. Two days a week recommended. For more information and to register call 684-7484.

**#11030 Mon/Fri 9:15 – 10:15 a.m. Rainier CC**

#### Fitness for Life \$20

Moderate impact aerobics class includes using of small weights to increase strength, balance exercises, and stretching. Small weights available.

**#11031 Thu 8:30 – 9:30 a.m. Jefferson CC**

#### P.A.C.E. (Arthritis Exercise) \$25

Designed for people with arthritis, but not limited to, PACE is an exercise program done primarily sitting in a chair. This is a good class for people just beginning an exercise programs.

**Instructor: Angela P. Smith**

**#11032 Thu 10 – 11 a.m. Jefferson CC**

#### T'ai Chi Chih: Joy Through Movement \$26 – 1 day/wk

These gentle movements reduce stress, energize the body and mind, improve balance and strength. Offered two times a week for better practice. Starts October 4. **Instructor: Linda Robinson.**

**#11037 Wed 10:30 – 11:30 a.m. Jefferson CC**

**#11082 Fri 10:30 – 11:30 a.m. Jefferson CC**

#### Line Dancing \$20 – 1 day/wk

Get on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

**Instructor: Linda and Paul Reese**

**#11033 Thu 1 – 2 p.m. Rainier CC**

**#11034 Fri 8:30 – 9:30 a.m. Jefferson CC**

**#11035 Fri 8:30 – 10:30 a.m. (\$40 – 2 hrs) Jefferson CC**

#### Drop-In Pickleball \$2 drop-in (Age 65+ \$1)

A terrific game. Fun and exercise in one great package!

**Mon – Fri (All levels) 11 a.m. – 2 p.m. Rainier CC**

**Mondays (Int.) 10 a.m. – Noon Jefferson CC**

**Fridays (Beg.) 10 a.m. – Noon Jefferson CC**

### SOUND STEPS WALKS AND CLASSES

#### Sound Steps Walks & Classes Free

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking.

**For questions and to register, call Sound Steps Coordinator Mari Becker at 206-684-4664.**

#### Othello Park

Enjoy a walk around the park's paved loops. Othello Park is located at 4351 S. Othello St.

**Mondays 10:30 – 11:30 a.m. Othello Park**

#### Seward Park Walk

Enjoy SE Seattle's greatest walking destination! Look for the Hyde Shuttle van in the parking lot near the tennis courts.

**Mon/Tue 10:15 – 11:15 a.m. Seward Park**

#### Filipino Community Center

Join Sound Steppers at the Filipino Community Center, 5740 MLK Jr. Way S, for a walk at beautiful Seward Park. Transportation provided.

**Tuesdays 9:30 – 10:30 a.m. Filipino Comm Ctr**

#### Hispanic Walking Group

Pongase en movimiento con Sound Steps! Join a walking group especially for Spanish speakers. Explore the Genesee neighborhood. Meet at Rainier Park Clinic lobby, 4400 37th Ave S.

**Tue/Thu Noon – 12:30 p.m. Rainier Park Clinic**

#### Jefferson Community Center

Join two walk leaders for guided walks around the beautiful Beacon Hill neighborhood!

**Wednesdays 9 – 10 a.m. Jefferson CC**

#### Rainier Beach Walkie Talks

We walk indoors if it's raining, and explore outdoors when it's sunny. Fun, friends and fitness! Call Hyde Shuttle at 727-6262 for transportation.

**Wednesdays 10 – 11 a.m. Rainier Beach CC**

## Southeast Classes and Special Events

### Mall Walking

Join other Sound Steppers walking indoors at the Southcenter Mall, with time for shopping afterward! Transportation is provided. Pick up at several southeast locations. Reserve your spot by the Wednesday before by calling 684-4664.

**Fridays 8:30 – 11:15 a.m. Southcenter Mall**

### Sound Steps Free Health & Fitness Classes

Join Sound Steppers and other senior adults for free health and fitness classes about the topics you're interested in! Diabetes, arthritis, weight loss, managing stress, healthy food on a budget.

**Wednesdays 10:45 – 11:15 a.m. Rainier Beach CC**

**Dates: Oct 4, Nov 1, Dec 6**

### COOKING

#### Cooking \$7.50/class

**Barbara Steinheiser** is our guest chef, graduate from South Seattle Community college Culinary Arts Department. Retired caterer after 20 years, she is currently the cook for the TGIF meals and Senior Gathering. Join us as we help prepare and eat a delightful lunch.

#### Autumn Soup

Vegetable soup, bread, and desert.

**#11456 Mon, Oct 16 10:30 a.m. – 12:30 p.m. Jefferson CC**

#### Goodies To Go

Learn appetizer and easy, transportable dishes to go.

**#11457 Mon, Dec 4 10:30 a.m. – 12:30 p.m. Jefferson CC**

### ARTS AND CRAFTS

#### Drop-In Crafts Free

Time provided for you to join your friends in a social atmosphere working on projects of your choice.

**Thursdays Noon – 3 p.m. Jefferson CC**

#### Seniors Making Art Free

Please join us for this FREE art class! Whether you are a beginner or just want to build on your experience with this traditional art form, this is the class for you! **Please call (206) 684-7484 to register.**

#### Drawing

**Instructor: Howard Hansen**

**Mon (10/2 – 11/20) 1 – 3 p.m. Rainier Beach CC**

#### Printmaking, Papermaking, & Collage

**Tue (10/24 – 12/12) 11 a.m. – 1 p.m. Rainier CC**

### CARDS AND GAMES

#### Drop-In Pinochle Free

Welcoming all levels of play. Come exercise your mind.

**Tue/Fri Noon – 3 p.m. Rainier CC**

#### Drop-In Bridge Free

It's in the cards that you'll have a great time. Drop in programs for the bridge enthusiast.

**Wednesdays Noon – 3 p.m. Rainier CC**

**Wednesdays 9:30 a.m. – Noon Jefferson CC**

### WORKSHOPS AND SPEAKERS

#### Flexcar Free

Flexcar pays for the gas, parking, insurance, and maintenance. You just pay an hourly rate. This transportation option might be a good fit for you. Find out from representative Cherie.

**Thu, Oct 19 11 – 11:30 a.m. Jefferson CC**

**Mon, Nov 6 11 – 11:30 a.m. Rainier CC**

#### Nutrition Made Easy Free

Confused about cholesterol, sodium, trans fats, and fiber? Talk to a registered dietitian about what it all means. Learn healthy eating strategies you can fit into your life. Ideas on cooking for one and eating on a budget. Food samples will be available at each class.

**Wed (10/4, 10/11, 10/25) 10:30 – 11:30 a.m. Rainier Beach CC**

#### Rx for Communication \$1 donation

This workshop will help you communicate your needs more effectively with your doctor, pharmacists, and other health care providers. Take more control over your health as you roleplay various situations. Presented by Nancy, Social Services Coordinator at Council House.

**Thu, Nov 2 11 a.m. – Noon Jefferson CC**

### SPECIAL EVENTS

#### TGIF Meals \$3.50/meal

Take a break for lunch, whether you're participating in activities or just want to stop by. Fresh cooked healthy meals will be available at Rainier CC. Reservations are greatly appreciated: 206-684-7484.

**Fridays Noon – 1 p.m. Rainier CC**

**Dates: Oct 20, Nov 17, Dec 15**

#### Senior Gathering Free

This gathering happens once a month. Receive community information, enjoy lunch, door prizes, and play bingo.

**Wed, Oct 25 10:30 a.m. – 1:30 p.m. Location TBA**

#### Thanksgiving Senior Gathering Free

Wonderful Thanksgiving celebration for seniors. Roast turkey, dressing, and all the trimmings. **Registration required.**

**Wed, Nov 15 10:30 a.m. – 1:30 p.m. Rainier CC**

#### Holiday Senior Gathering Free

Made possible by your southeast partners, this function has grown to be a festive party. **Early registration required.**

**Wed, Dec 13 10:30 a.m. – 1:30 p.m. Jefferson CC**

#### Jefferson's Holiday Potluck Free

One of the best potlucks around. Come celebrate the holiday season and give your best wishes for the New Year. Secret Santa gift exchange (\$5 max per gift).

**Fri, Dec 15 11:30 a.m. – 1 p.m. Jefferson CC**

#### Rainier Beach Pool Holiday Potluck Free

Join the swimmers at Rainier Beach Pool for a merry potluck. Meet and greet the staff, participants, as we hear how swimming has helped improved their quality of life.

**Wed, Dec 20 1:15 – 2:15 p.m. Rainier Beach Pool**

## Southeast Trips

### Southeast Trip Registration Information

**Make checks payable to:** City of Seattle.

**Mail checks to:** Senior Adult Programs, Attn: Angela — SE, 8061 Densmore Ave N, Seattle, WA 98103-4436. **Payment must be received 5 working days before departure.**

**Trip Registration: Phone-in only** by calling 206-684-7484 **at 8 a.m. on the date listed** for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and one other person. You'll **only** be called back if you're on the wait list. All trip times, costs, and destinations are subject to change.

#### Pick-up Sites:

Jefferson CC .....	3801 Beacon Ave S
Pickup at time listed	
Rainier CC .....	4600 38th Ave S
Pickup 10 minutes before time listed	
Rainier Beach CC.....	8825 Rainier Ave S
Pickup 20 minutes before time listed	
Van Asselt CC .....	2820 S Myrtle St
Pickup 15 minutes before time listed	

**Trip registrations begin at 8 a.m. on date listed by calling 206-684-7484**

### Japanese Garden \$5

First lunch and then to the beautiful Japanese Garden and a walk through the Arboretum. Free Admission.

**Mon, Oct 2                      Noon — 4 p.m.                      Reg. Sep 19**

### Issaquah Salmon Days \$6

Celebrate the return of salmon to lakes and streams. It is also parade day! Over 300 arts & crafts and food booths on display.

**Sat, Oct 7                      9 a.m. — 3 p.m.                      Reg. Sep 26**

### Clearwater Casino \$7

Located between Poulsbo and Bainbridge Island, it's your best bet for fun at the table games and slot machines. Lunch and ferry fees (refunds available for qualified players at the casino) on your own.

**Tue, Oct 17                      9 a.m. — 3:30 p.m.                      Reg. Oct 3**

### Chateau Ste. Michelle Winery \$6

Founded in 1934, this is the oldest winery in Washington State. We'll have a guided tour, a chance to taste wine, and browse in their gift shop. Bring \$2 cash on trip day for tour. Lunch and free time own your own at Molbak's new cafe in Woodinville.

**Tue, Oct 24                      9:30 a.m. — 2 p.m.                      Reg. Oct 10**

### Mansions & Broadway \$3.50

First we will tour two First Hill landmark mansions. Tours provide a glimpse of the architectural character and interior designs, plus a lively look at the life of First Hill at the turn of the 20th century. Next, have lunch on your own in the colorful Broadway District. Bring \$8 cash for tours on trip day.

**Tue, Nov 14                      9:30 a.m. — 2 p.m.                      Reg. Oct 31**

### Holiday Mystery Trip \$4.50

Prepare yourself for the holidays! This place is full, wall-to-wall of festive red and green colors. Next stop, what's that smell? A historic bakery opens their doors for a tour. It's not Borracchini's... guess again. Lunch and free time on your own at Southcenter Mall.

**Tue, Nov 28                      9:30 a.m. — 2 p.m.                      Reg. Nov 14**

### Christmas Ship \$2

This decorated Christmas Ship, Argosy's *Spirit of Seattle* has two fully-enclosed inside decks, one outside deck, restrooms, and all your favorite holiday drinks. Onboard, enjoy live singing from a choir group as they are broadcasted via speaker to people gathered around scheduled bonfires on shore. Include \$22 for the boat ride payable to SAAC. Half-price appetizers on own your own at Daniel's Broiler.

**Tue, Dec 5                      5:15 — 10 p.m.                      Reg. Nov 21**

### SOUND STEPS HIKES

Each hike divides into two groups: beginning walkers who can slowly walk 2 hours with breaks, and more experienced walkers. Pick-up at Jefferson CC, Rainier CC, Rainier Beach CC, and SE Seattle Senior Center. For questions, call Mari at 206-684-4664. **For each hike, bring your own lunch; dessert is provided. To register, send mail-in registration form to Senior Adult Programs, Attn: Mari Becker. For questions, call Mari at 206-684-4664.**

### Old Sauk River Trail Free

Enjoy moss, ferns and maples along this wooded trail following Sauk River, one hour northeast of Seattle. Flat, 3 miles round trip. Not accessible for those with wheelchairs or walkers. Bring a lunch; dessert provided.

**Thu, Sep 28                      9 a.m. — 2:30 p.m.**

### Preston-Snoqualmie Trail Free

Follow a paved trail through the woods to reach a view of Snoqualmie Falls. Flat; 3 miles round trip. Accessible for wheelchairs and walkers. Bring a lunch; dessert provided.

**Thu, Oct 26                      9 a.m. — 2 p.m.**

### Franklin Falls Free

This beautiful trail follows Denny Creek and ends with a spectacular view of Franklin Falls. Option for more difficult 2.5 mile loop; one van will drive up closer to the falls for a shorter hike. Not wheelchair or walker accessible. Bring a lunch; dessert provided.

**Thu, Nov 30                      9 a.m. — 2 p.m.**

### Rattlesnake Lake Free

Beautiful trail around Rattlesnake Lake within the Cedar River watershed. See this area that supplies more than 70% of Seattle's water. Wheelchair and walker accessible. Bring a lunch; dessert provided.

**Thu, Dec 14                      9 a.m. — 2:30 p.m.**



## Southwest Classes and Special Events

### Southwest Registration Information Classes/Special Events

Mary Dalzell, Recreation Specialist  
206-935-2162

E-mail: [mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)

**Fall Quarter Dates:** October 2 – December 15

**No classes:** Fri, Nov 10; Thu, Nov 23; Fri, Nov 24

**Class Registrations:** Begin September 18 at 9 a.m. by calling 206-935-2162

**All Class Payments:** Please make checks payable to: **City of Seattle**. Mail payments to: Senior Adult Programs, Attn: Mary – SW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

### Southwest Sector Sites

Alki CC.....	5817 SW Stevens St
Delridge CC.....	4555 Delridge Way SW
Hiawatha CC.....	2700 California Ave SW
High Point CC.....	6920 34th Ave SW
South Park CC.....	8319 8th Ave S
Southwest CC & Pool .....	2801 SW Thistle St

### AEROBICS, FITNESS & DANCE

#### Fitness \$20 – 1 day/wk

An entire body workout. Use of dyna bands, weights, floor work. Improve balance, flexibility, and agility. Bring weights to class.

#10951	Mon	10 – 11 a.m.	Alki CC
#10952	Tue	10 – 11 a.m.	Southwest CC
#10953	Wed	10 – 11 a.m.	Alki CC
#10954	Fri	10 – 11 a.m.	Southwest CC

#### Enhance Fitness \$20 – 1 day/wk

Focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. Class is highly adaptable, great for those of all fitness levels. Weights will be provided.

#10948	Mon	8:30 – 9:30 a.m.	Southwest CC
#10949	Tue	8:30 – 9:30 a.m.	Southwest CC
#10950	Thu	8:30 – 9:30 a.m.	Southwest CC

#### Jazz 'N' Fitness (Ages 16+) \$50/session

Get your body jumpin' and your blood pumpin' !! Come and experience the joy of exercise and movement and leave energized. Join this dynamic class and jazz yourself right into excellent health and see your body transform as you tone up through a well-rounded, and fun, workout.

Wednesdays	6:30 – 7:30 p.m.	Southwest CC
#10972	Session I	9/20 – 10/25
#10971	Session II	11/8 – 12/13

#### Pilates \$35

Exercise to improve focus, reduce stress, improve posture, correct muscle imbalance, and strengthen core muscles.

#10957	Thu	10:45 – 11:45 a.m.	Alki CC
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#### Water Exercise \$3 drop-in

This shallow end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required. Call 206-684-7440 for more information.

Tue/Thu	1:30 – 2:15 p.m.	Southwest Pool
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#### Tai Chi \$8

Slow movements that emphasize balance, grace, body strengthening, and deep breathing.

#10960	Mon (10/9 – 11/27)	11:15 a.m. – Noon	Alki CC
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#### Yoga \$26/session

Hatha Yoga releases tension and stiffness as it tones and strengthens, calms and relaxes. Class provides gentle stretching and movement with awareness, correct alignment and deep breathing to increase your stamina, strength, and flexibility. Bring your own yoga mat. No experience necessary. Instructor: Jaki Reed

Fridays	11 a.m. – Noon	High Point CC
#10961	Session I	9/22 – 10/27
#10962	Session II	11/3 – 12/22

#### Pickleball \$2 drop-in (Age 65+ \$1)

Indoor game that is a cross between tennis and paddle ball. A good cardio workout.

MWF	10 a.m. – Noon	Hiawatha CC
Tue/Thu	Noon – 2 p.m.	Southwest CC

#### Volleyball \$2 drop-in (Age 65+ \$1)

Drop in recreational play for men and women.

Tue/Thu	10 a.m. – Noon	Southwest CC
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#### Line Dance \$20

The music moves you, and no partner is needed. What a pleasant way to enjoy exercise. **Instructor: Linda and Paul Reese**

#10956	Tue (10/10 – 12/19)	10 – 11 a.m.	Hiawatha CC
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#### Social Partner Dancing \$15/session

Learn different styles of partner dancing such as polka, square dance, country line, tango, rumba, salsa, fox trot, limbo rock, cha cha, jitterbug, swing, samba, etc. Class participants will decide which they would like to learn. All done in a friendly environment, you will not do anything wrong or incorrect. Dance, learn, enjoy.

Instructor: Ellie Jo Roberge

Wednesdays	11 a.m. – Noon	High Point CC
#10958	Session I	10/4 – 11/1
#10959	Session II	11/8 – 12/13

### CARDS AND GAMES

#### Bridge Free

A drop-in program for this popular card game for experienced players.

Mon/Wed	10:30 a.m. – 2 p.m.	Southwest CC
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# Southwest Classes and Special Events

## SOUND STEPS

### Sound Steps Mall Walking

Indoor walking at Southcenter Mall with time for shopping afterward. Transportation is provided. Pick up at two West Seattle sites. Reserve your spot by the Wednesday before by calling 684-4664.

**Fridays 8:30 – 11:15 a.m. Southcenter Mall**

## ARTS AND CRAFTS

### Handmade Tiles And Beyond

**\$65**

Here is your chance to experiment with several techniques for making unique handmade tiles, and learn the essential secrets for avoiding warped and cracked tiles. Explore other fun ways to create with small slabs to make dishes, vases, napkin rings, toothpick cups, etc. without wheel throwing, pinch-pot or coil methods. Explore surface textures created by impressing nature-theme rubber stamps, texture sheets, live and artificial leaves. Try out sgraffito, press-molding tiny sprigs, and carving with wire loop tools. Suitable for novices as well as experienced clay artists. Supplies included in fee. Instructor: Jaki Reed

**#10955 Mon (10/30 – 12/4) 9:30 – 11 a.m. Alki Bathhouse**

### Ceramics

**Free**

Working with preformed art pieces that you clean, fire, and then paint. Volunteer instructors are knowledgeable and available to assist. *Supplies will be provided for the first class; afterwards, you will need to purchase materials.* Call 206-767-3650 leave message on senior line and Bea will get back with you.

**Thursdays 10:30 a.m. – 2 p.m. South Park CC\***

**\*Class meets in SPARC Building, 8201 10th Ave S**

### Pumpkin Carving

**Free**

When was the last time you even thought of carving a pumpkin? I've got the tools and stencils, you bring the pumpkin. Impress your love one's with your amazing ability and have the best looking pumpkin on the block!

**Wed, Oct 25 11:15 a.m. – Noon Alki CC**

## COMPUTERS & TECHNOLOGY

### Basic Computers

**\$15/session**

This is a beginners class in which you will learn mouse techniques, explore sites with multiple pages, search engine techniques, setting up free e-mail account, working with sites for travel arrangements including MapQuest. Three students per instructor. Please have basic typing skills.

**Location: Southwest Pool & Community Center Computer Lab**

**Tue/Thu 10 a.m. – Noon Southwest CC**

**#10945 Session I 10/3 – 10/12**

**#10946 Session II 11/2 – 11/14**

**#10947 Session III 12/5 – 12/14**

## BOOK CLUBS

### South Park Book Club

**Free**

The books to be discussed will be in Spanish. This group will meet at the Sea Mar Center (in South Park) the second Thursday of each month at 11 a.m. **Instructor: Nancy Swigger**

**Thursdays: Oct 12, Nov 10, Dec 14 11 a.m. – Noon**

### Alki Book Club

**Free**

Meets the first Wednesday of each month at the Alki Community Center beginning at 11:15 a.m. At noon there is a book exchange for anyone who would like to share books. **Instructor: Mary Dalzell**

**Wednesdays: Oct 4, Nov 1, Dec 6 11:15 a.m. – 12:15 p.m.**

### Southwest Book Club

**Free**

The Seattle Public Library provides books free of charge to our group. We all read the same book and then discuss. Group meets at 1 p.m. the third Thursday of each month at Southwest CC.

**Thu: Oct 19, Nov 16, Dec 21 1 – 2 p.m.**

## WORKSHOPS AND SPEAKERS

### Nutrition Made Easy

**Free**

Confused about cholesterol, sodium, trans fats, fiber? Registered dietitian, Shawn Peterson, with Senior Services will offer a series of discussions about what all this means and other topics of healthy eating. Take control of your eating habits with tips designed to make you feel better. A food demo will be available to taste.

**Tue (10/3 – 10/31) 11:30 a.m. – 12:30 p.m. High Point CC**

### Allergies; Suffer No More

**Free**

Learn how allergies occur, how to reduce allergic reactions, and even become allergy free! Candace McNaughton, ND specializes in allergies, diabetes, weight loss, and detoxification. Please register by Oct. 11.

**Mon, Oct 16 10:45 a.m. – Noon Alki CC**

### Improve Your Balance

**Free**

We all can use a few more tips on how to maintain our balance. The Pacific Balance Institute will provide practical, informative insights on this topic. Please register by Nov. 6.

**Instructor: Chris Morrow**

**Wed, Nov 15 11:15 a.m. – 12:15 p.m. Alki CC**

### One Woman's Pilgrimage

**Free**

Mary Ellen Kanyer was one of many pilgrims to visit Medjugorje, a village in Bosnia Herzegovina former Yugoslavia. She will be glad to share her serious and comical impacting experiences where six children began reporting alleged apparitions of the blessed Mother in 1981. Great trip for enhancing faith if you can tolerate 115 degree weather and steep climbing.

**Wed, Nov 29 11:15 a.m. – 12:15 p.m. Alki CC**

## Southwest Trips

### Southwest Trip Registration Information

**Make checks payable to:** City of Seattle.

**Mail checks to:** Senior Adult Programs, Attn: Mary – SW,  
8061 Densmore Ave N, Seattle, WA 98103-4436.

**Payment must be received 5 working days prior to departure.**

**Note:** Trip times/costs/destinations are subject to change.

**On all trips, lunch is on your own.**

#### Pick-up Sites:

High Point CC.....6920 34th Ave SW  
Hiawatha CC.....South parking lot  
of Safeway on California Ave SW

### Japanese Garden \$5

First lunch and then to the beautiful Japanese Garden and a walk through the Arboretum. Free Admission.

**Mon, Oct 2 Noon – 4 p.m. Reg. Sep 15**

**Fees: \$5**

### Hunter's Breakfast \$10

Our 4th annual visit to the Swauk-Teaaway Grange fund raiser. Stops at Cle Elum Railroad project and Roslyn.

**Sat, Oct 14 9 a.m. – 5 p.m. Reg. Oct 4**

### Europe \$7

No, we are not going to Europe, just Everett for Rick Steves' *Europe through the Back Door* travel information. Beautiful photography and a knowledgeable lecturer. Free admission.

**Sat, Oct 21 8:45 a.m. – 2:30 p.m. Reg. Oct 6**

### Holiday Food & Gift Show \$7

The big, big pre-holiday gift show at the Tacoma Dome. Gifts, music, food samples, and more. Admission on your own.

**Thu, Oct 26 9:30 a.m. – 3:30 p.m. Reg. Oct 11**

### LaConner Arts Alive \$10

Downtown LaConner festival and invitational art show with more than 75 musicians, artists, and performers. Time to look around town.

**Sat, Nov 4 9 a.m. – 4:30 p.m. Reg. Oct 13**

### Redmond British Pantry \$7

Tea time at this British style bakery, grocery, gift shop, and full service restaurant. Later time in Redmond.

**Thu, Nov 9 10:30 a.m. – 4 p.m. Reg. Oct 25**

### KIXI Radio & Factory Mall \$7

"Great songs, Great memories". Morning tour at KIXI radio station for a behind scenes look. Then to mall for after Thanksgiving shopping.

**Thu, Nov 30 10 a.m. – 3 p.m. Reg. Nov 15**

### Governor's Mansion Holiday Style \$9

Tour the Gregoires' house decorated for the holidays. Take in the classic beauty and learn about the history and architecture. PHOTO ID REQUIRED.

**Wed, Dec 6 9:30 a.m. – 3:30 p.m. Reg. Nov 17**

### Holiday Home Tour \$9

Sedro-Wooley Museum will host this annual evening event of elegant homes along with beautiful antiques. \$5 admission fee on your own. Registration begins Nov. 22nd, 8:30 a.m..

**Sat, Dec 9 3 – 9 p.m. Reg. Nov 22**

***Trip Registrations begin at 8:30 a.m. on the date listed for each trip by calling 206-935-2162***

### SPECIAL EVENTS

#### Garden Chat Free

A once a month gathering for those who enjoy their yards, gardens, yard art, or you just admire the beauty of what others have done with their yards. This is not a club so come on down and share your passion and enjoy the company of others who get satisfaction from a days work in the yard. Meets the first Tuesday of each month. **Instructor: Mary Dalzell**

**Tue (10/3 – 12/5) 11:15 a.m. – Noon Southwest CC**

#### Veterans' Day Remembered Free

In celebration of Veteran's Day bring a vet to coffee. Share your pictures and stories of these times in history.

**Wed, Nov 8 11:15 a.m. – 12:30 p.m. Alki CC**

#### Holiday Potluck Free

Our annual end of the year gathering with friends and lots of laughs. Bring your favorite potluck dish and if you want to participate in the gift exchange, a wrapped white elephant gift.

**Wed, Dec 13 11:15 a.m. – 1 p.m. Alki CC**



# Central East Classes and Special Events

## Central East Registration Information Classes/Special Events

**Cheryl Brown, Recreation Specialist**  
206-233-7255

E-mail: [cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov)

**Fall Quarter Dates:** October 2 – December 15

**No classes:** Fri, Nov 10; Thu, Nov 23; Fri, Nov 24

**Class Registrations:** Begin September 18. Please use the registration form on the back page of this brochure for classes only. Class dates/times are subject to change.

**All Class Payments:** Please make checks payable to: **City of Seattle**. Mail payments to: Senior Adult Programs, Attn: Cheryl – CE, 8061 Densmore Ave N, Seattle, WA 98103-4436.

### Central East Sites

Garfield CC .....	2323 E Cherry St
Langston Hughes PAC .....	104 17th Ave S
Miller CC .....	330 19th Ave E
Montlake CC .....	1618 E Calhoun St
Yesler CC .....	917 E Yesler Way

## AEROBICS, FITNESS, AND DANCE

**Fit For Life** **\$24 – 1 day/wk**  
Improve your health and tone your muscles for increased flexibility and mobility. This low-impact aerobics class is geared to your individual fitness level.

#11269	Mon	10:45 – 11:45 a.m.	Garfield CC
#11170	Wed	10:45 – 11:45 a.m.	Garfield CC

**Gentle Yoga** **\$24**  
Stretch your muscles and gain strength, flexibility and balance as well as improve relaxation in this gentle yoga class for all fitness levels. **Instructor: Paul Fetorowicz**

#11171	Wed	9:30 – 10:30 a.m.	Garfield CC
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**Tai Chi** **\$24 – 1 day/wk**  
Learn slow and gentle meditative exercises that are good for stress, balance, concentration, and general physical well being. **Instructor: Ed Baxa**

#11173	Tue	12:30 – 1:45 p.m.	Yesler CC
#11175	Thu	10:15 – 11:30 a.m.	Miller CC

**Garfield Sound Steps** **Free**  
This walking group in the Garfield community meets every Thursday at the Community Center.

Thursdays	10 – 11 a.m.	Garfield CC
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**Beginning Ballroom Dance** **\$20**  
Learn basic ballroom steps like the waltz, cha-cha, fox trot, and much more. Practice and become comfortable on the dance floor! No partner needed. **Instructor: Mu Yun Chen**

#10942	Tue	1 – 2 p.m.	Garfield CC
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**Line Dance** **\$20**  
Get out on the dance floor and move to the music! Great for the body & soul! No experience or partner needed.

#11172	Tue	2 – 3 p.m.	Garfield CC
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**Drop In Pickleball** **\$2 drop-in (Age 65+ \$1)**  
Drop in and play this fun, competitive game that is sure to keep you moving and in shape!

Tuesdays	9:30 – 11:30 a.m.	Yesler CC
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## COMPUTERS AND TECHNOLOGY

**Computer Basics, Learn It and Earn It!** **\$15**  
Learn the basics of the computer with these hands-on classes. Any senior who completes 16 hours of computer training in our program will receive a voucher for a free re-conditioned computer and monitor. **Location: Yesler CC Computer Room**

#11134	T/Th	10:30 a.m. – Noon	9/5 – 9/28
#11135	T/Th	10:30 a.m. – Noon	10/3 – 10/26
#11136	T/Th	10:30 a.m. – Noon	11/2 – 11/28

**Computer Basics in Vietnamese** **\$25**  
Computer basics taught in Vietnamese. Students who complete class are also eligible for free computer. Call Nhu-Y at 206-233-7255 to register.

#11132	Wed/Thu	10 – 11:30 a.m.	Yesler CC
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## CARDS AND GAMES

**Drop In Bridge** **Free**  
Anyone can play! A great group of bridge players happy to teach and share this fun game! Just drop in!

Fridays	1 – 3 p.m.	Miller CC
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**Mah Jong** **Free**  
Learn this ancient and fun Chinese game of skill and chance. If you have a Mah Jong set, please bring it! Call to let us know you are coming at 233-7255.

Wednesdays	1 – 3 p.m.	Garfield CC
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## FOOD AND FITNESS PROGRAMS

An opportunity for seniors to congregate and celebrate their culture and language while learning to navigate American life. Lunch, social, educational and fitness programs and a food bank on Fridays.

<b>Korean Food &amp; Fitness Program</b>	<b>Free</b>
Tue/Fri	10 a.m. – 1 p.m.
<b>Vietnamese Food &amp; Fitness Program</b>	<b>Free</b>
Tue/Fri	10 a.m. – 1 p.m.

Miller CC  
Garfield CC

## MOVIES AND MEALS

**Monday Movies** **\$1**  
Nostalgia and Nouveau, we have it all! Join us as we screen movies on the big screen in the theatre at Langston Hughes! Call in your suggestions for movies, and we will see if we can get it!

Mondays	Noon – 3 p.m.	Langston Hughes PAC
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# Central East Classes and Special Events

## ARTS AND CRAFTS

### Art Attack \$2/wk materials fee

Explore and play in this class for artists and wanna be artists! We will try different mediums and techniques and immerse ourselves in the joy of creating for our time together. Come with ideas and enthusiasm! **Instructor: Jill Demeter**

**Tue (10/3 – 12/12) 10 a.m. – Noon** Yesler CC

### Fabulous Five \$15

Create fabulous five dollar gifts for anyone on your holiday list! Fun for friends and family! **Instructor: Cheryl Brown**

**Fri, Nov 17 10 a.m. – Noon** Garfield CC

### Hat Making: Millinery Basics \$75

Create three unique hats using techniques such as steaming and blocking, patterning and sewing and covering a buchram frame in this class taught by a theatrically-trained milliner. Materials for three hats included in class fee! **Instructor: Belle McCluskey**

**Thu (10/19 – 11/9) 10 a.m. – Noon** Garfield CC

## COOKING

### The Art of Pumpkin \$5

Create a work of art with your Halloween Pumpkin this year! Mu Yun Chen is a cook and food artist who will show us how to carve a spectacular pumpkin! (as well as other vegetables) All materials provided! **Instructor: Mu Yun Chen**

**Fri, Oct 13 10 a.m. – Noon** Garfield CC

### The Good, The Bad, and The Yummy of Nutrition Free

Learn about good fats, bad fats, healthy eating to lose and maintain weight, good food on a budget, and preparation tips and tricks to make all that nutritious food taste great. Lots of tasting!

**Mon (10/16 – 11/6) 11 a.m. – Noon** Miller CC

**Thu (10/19 – 11/9) 11 a.m. – Noon** Yesler CC

### Healthy Eating During the Holidays Free

Plan ahead for the holidays and healthy eating. Learn to avoid the pitfalls of over indulging, too many sweets and just too much of everything with these tips, tricks, and great recipes!

**Thu, Nov 16 11:30 a.m. – 12:30 p.m.** Miller CC

### Quick Breads \$6

Quick breads make great gifts, great desserts and are just all around yummy! Learn and try some great recipes and take at least one loaf home!

**Thu, Nov 30 10 a.m. – Noon** Yesler CC

## PERFORMING ARTS

### Radio Readers

Do you remember the old radio shows with the sound effects and the readers on stage? Wouldn't it be fun to bring it all back to life? Join us as we re-live the days of radio with a library of old scripts, our own sound effects and all of the fun! Call for information and to get involved!

**Location: Langston Hughes PAC**

### Theatre Games

**\$32**

Play! Using improvisation, pantomime and other theatrical methods we will exercise mind and body in this fun and relaxing class which will explore the acting aspects of theater. For non-actors and actors alike!

**Instructor: Bill Dore**

**Wednesdays 11 a.m. – Noon** Langston Hughes PAC

## WORKSHOPS AND SPEAKERS

### AARP Drivers Safety

**\$10**

The nation's first and largest refresher course for drivers age 50 and older has helped millions of drivers remain safe on today's roads and, in many cases, receive a discount on insurance rates.

**Pay instructor \$10 fee at first class. Instructor: Marjorie Lotton**

**Sat (10/21 & 10/28) 10 a.m. – 2:30 p.m. Oct 21 – Oct 28**

**Sat (11/11 & 11/18) 10 a.m. – 2:30 p.m. Nov 11 – Nov 18**

### AARP Drivers Safety in Vietnamese

**\$10**

**Instructor Kim Lundgren** teaches the class in Vietnamese. Call Kim at 206-529-7150 or 206-744-9265 to register. **Pay instructor \$10 fee at first class.**

**Sat (10/7 & 10/14) 10 a.m. – 2 p.m.** Garfield CC

### Identity Theft/ Facts and Prevention

**Free**

Did you know that Identity Theft is the # 1 crime in the US? Did you know that over 30,000 people have their identity stolen per day? Did you know that you are at risk? Learn about this crime, how it happens, how it could happen to you and how you can protect yourself. **Instructor: Bill Estes**

**Wed, Sep 13 10 a.m. – Noon** Garfield CC

## PLANNING MEETING

### Brainstorm...Program Planning Meeting

Got ideas for classes, trips and workshops? Bring them in as we get together to plan for the upcoming quarter.

**Tue, Oct 17 10 a.m.** Garfield CC

### Red Hat Society

Join this group of women over 50 who are looking for fun! All expenses (i.e. lunch) will be "on your own." Transportation provided from Garfield CC for most events. **Must register in advance!**

### Mystery Trip and Lunch \$5 transportation

Anything goes! Hop on board for a mystery trip and lunch (on your own) that will fit with the season.

**Thu, Oct 5**

### Brown and Haley/Morning Sun

**\$5 transportation**

What a great place to buy your holiday gifts! Great bargains!

**Thu, Nov 16**

### Holiday Gift Exchange and Lunch

**\$5 transportation**

Bring your "red" elephant gift and enjoy a celebration Red Hat-style!

**Thu, Dec 7**



## Central East and Central West Field Trips

### Central East/West Trip Registration Information

**Payment must be received 5 working days before departure.**

**Make checks payable to:** City of Seattle.

**Mail checks to:** Senior Adult Programs,  
Attn: Central Sector, 8061 Densmore Ave N,  
Seattle, WA 98103-4436

**Trip Registration: Phone-in only** by calling 206-684-4240 **at 8 a.m. on the date listed** for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and one other person. You'll **only** be called back if you're on the wait list. All trip times, costs, and destinations are subject to change.

#### East Pick-up Sites:

Miller CC.....330 19th Ave E  
Pickup 15 minutes before time listed

Garfield CC .....23 E Cherry St  
Pickup at time listed

#### West Pick-up Sites:

Magnolia CC .....2550 34th Ave W  
Pickup 20 minutes before time listed

Queen Anne CC.....1901 1st Ave W  
Pickup at time listed

### Tulalip Casino and Outlet Shopping

**\$8**

Who can resist? A great buffet lunch and shopping at Seattle's Premium Outlet Stores...just in time for the holidays! Or stay and play at the casino...your choice, a trip with something for everyone! Lunch on your own.

**Fri, Nov 3**

**10 a.m. – 4 p.m.**

**Reg. Oct 23**

### Northwest Puppet Center

**\$5**

See Q'we-ti: Tales of the Makah Tribe at the NW Puppet Center. "This has been our home since the beginning of time. The land and the sea gives us everything we need..." so begins the life-sized storyteller puppet as she recounts the tales of the trickster Q'we-ti, Raven and Basket Ogress. Bring \$9 for admission and extra money for lunch (on your own).

**Fri, Nov 17**

**10 a.m. – 3 p.m.**

**Reg. Nov 6**

### Bellevue Botanical Gardens by Day and Night

**\$6**

Visit Bellevue Botanical Gardens by day, then we will have an early dinner (on your own) and some time for shopping in Bellevue. After the sun sets we will return to the Gardens to see the holiday light display.

**Fri, Dec 8**

**2 – 7 p.m.**

**Reg. Nov 27**

### Bremerton Winterfest

**\$15**

The Bremerton Waterfront and downtown area has received a face lift and new energy. Come stroll with us at the towns Winterfest celebration and First Friday Art Walk. Guaranteed to put holiday cheer in your smile. Lunch on your own.

**Fri, Dec 1**

**10 a.m. – 5 p.m.**

**Reg. Nov 20**

### Poinsettia Festival

**\$6.50**

There is no more beautiful holiday experience than the Molbak's Poinsettia festival. Decked out at every turn for the holidays, this gift shop and nursery are a site to behold! Lunch on your own at a local restaurant.

**Fri, Dec 15**

**10 a.m. – 5 p.m.**

**Reg. Dec 4**

### Gig Harbor Quilt Show

**\$8**

We have wanted to visit Gig Harbor and here is a great opportunity! A beautiful fall drive, a quaint seaside town, and quilts everywhere! Come explore with us! Lunch and any admissions on your own.

**Fri, Oct 6**

**10 a.m. – 5 p.m.**

**Reg. Sep 25**

### Alderbrook Inn on Hood Canal

**\$40**

Enjoy a beautiful drive through fall splendor and lunch at the 5 star Alderwood Resort and Spa on Hood Canal. A delicious buffet lunch, a stroll around the craftsman style lodge and then a trip to famous Hunter Farms for the fall festival. Price includes lunch, tax and tip plus transportation. Hurry! Limited seating!

**Fri, Oct 20**

**9:30 a.m. – 5 p.m.**

**Reg. Oct 2**

### Remlinger Farms Harvest Tour

**\$8**

Ride a steam train, see the farm animals, experience the pioneer's lifestyle, get lost in a hay maze and choose a pumpkin to keep. Admission is \$8 per person, plus lunch, both on your own.

**Fri, Oct 27**

**9 a.m. – 5 p.m.**

**Reg. Oct 16**

### Dead Sea Scrolls

**\$18**

Explore the mystery of the Dead Sea Scrolls and the IMAX movie on ancient Greece. These thousand year old manuscripts written in Hebrew, Aramaic and Greek pre-date Christianity. Price includes admission, tour and film on exclusive "Seniors Only" day. Lunch on your own at Seattle Center House.

**Wed, Nov 1**

**9 a.m. – 4 p.m.**

**Reg. Sep 25**

### Escargot Hikers

**\$5 transportation/walk**

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles followed by lunch on the trail (weather permitting). Be prepared for wet or muddy trails with appropriate clothing and footwear. Transportation is provided. **Registration is required; call 206-233-7255. Van pick-up: Miller 9:45 a.m.; Garfield 10 a.m.; Return approx. 3 p.m.**  
**All walks are on Tuesdays.**

**Oct 3: Tiger Mountain Summit**

**Oct 24: Asahel Curtis Nature Trail**

**Nov 7: Trout Lake**

**Nov 21: Schmitz Park (5 – 6 miles)**

**Dec 5: Lakeridge Park**

# Central West Classes and Special Events

## Central West Registration Information Classes/Special Events

Tim Pretare, Recreation Specialist

206-684-4240

E-mail: [tim.pretare@seattle.gov](mailto:tim.pretare@seattle.gov)

**Fall Quarter Dates:** October 2 – December 15

**No classes:** Fri, Nov 10; Thu, Nov 23; Fri, Nov 24

**Class Registrations:** Begin September 18. Please use the registration form on the back page of this brochure for classes only. Class dates/times are subject to change.

**All Class Payments:** Please make checks payable to: **City of Seattle**. Mail payments to: Senior Adult Programs, Attn: Tim – CW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

### Central West Sites

Discovery Park ELC..... 3801 W Government Way  
Int'l Dist/Chinatown CC (IDCCC) ..... 709 8th Ave S  
Magnolia CC ..... 2550 34th Ave W  
Queen Anne CC ..... 1901 1st Ave W  
Queen Anne Pool..... 1920 1st Ave W



## AEROBICS, FITNESS, AND DANCE

### Senior Aerobics

**\$20 – 1 day/wk**

Time to re-energize and feel better. Certified instructors teach these low impact aerobic classes.

#10883	Mon	9:30 – 10:30 a.m.	Queen Anne CC
#10884	Wed	9:30 – 10:30 a.m.	Queen Anne CC
#10885	Fri	9 – 10 a.m.	Queen Anne CC

### Arthritis Foundation Exercise Program

**\$25**

The Arthritis Foundation Exercise Program is an exercise program done primarily sitting in chairs and is designed for people just beginning an exercise program and for people with arthritis.

#10824	Thu	10 – 11 a.m.	Queen Anne CC
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### Body Conditioning

**\$25**

This class is for all fitness levels. Use bands, weights and other equipment to gain strength and greater flexibility.

#10826	Wed	10:15 – 11 a.m.	Queen Anne CC
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### Circuit Training

**\$30 – 1 day/wk**

Rotate training stations to improve skill, strength, and knowledge using weight machines. Class size limited to 16 people, first come first serve.

#10848	Tue	9:30 – 10:30 a.m.	Queen Anne CC
#10849	Thu	9:30 – 10:30 a.m.	Queen Anne CC

### Enhance Fitness

**\$40**

This class will focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. Class is highly adaptable; great for those of all fitness levels.

#10864	Tue, Fri	1 – 2 p.m.	Magnolia CC
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### Tai Chi

**\$25**

This Tai Chi exercise class will practice slow, centered, mindful movement to optimize the flow of our bodies' own vital energy. Benefits include improved balance, increased range of motion, and a reduced stress level.

#10873	Tue	10:30 – 11:30 a.m.	Queen Anne CC
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### Hatha Yoga

**\$25 – 1 day/wk**

Enjoy gentle stretching and movement with awareness, correct alignment and deep breathing. Build stamina, improve your circulation, flexibility and range of motion.

#11139	Wed	11 a.m. – Noon	Queen Anne CC
#10868	Fri	9 – 10 a.m.	Queen Anne CC

### Viniyoga Yoga

**\$25**

#10869	Mon	10 – 11 a.m.	Magnolia CC
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## SOUND STEPS

Call Mari Becker for more information: 206-684-4664.

### Discover Walking

Walk the 2.8 mile Discovery Park Loop Trail. Meet at the visitor center.

Fridays	10 a.m. – Noon	Discovery Park
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### Queen Anne Sound Steps

**Free**

This walking group in the Queen Anne community meets every Thursday at the Community Center.

Thursdays	9:30 – 11 a.m.	Queen Anne CC
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### Merrill Gardens Sound Steps

Enjoy fitness and new friends during this neighborhood walk! Meet at Merrill Gardens, 800 4th Ave N.

Wednesdays	9 – 10 a.m.	Oct 2 – Dec 15
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# Central West Classes & Special Events

## ARTS AND CRAFTS

**Crafty Ladies** **Free**  
Drop in to work on your own project or learn a new craft, socialize and make new friends. Sewing machines and supplies are available.  
**Thursdays 2 – 3:30 p.m. Oct 2 – Dec 15**

**Watercolor Painting** **\$60**  
Bring your paints, brushes, and joy of painting. A demonstration after each lesson with lots of guidance. All skill levels welcome.  
**#10887 Mon 9:30 – 11:30 a.m. Magnolia CC**

## CARDS AND GAMES

**Bingo** **Free**  
Bingo Bug! Have you caught it? Come and play with us each week. Try your luck and you may win a prize.  
**Thursdays 10 – 11 a.m. Queen Anne CC**

**Bridge Instruction** **\$35**  
You are starting to understand the fundamentals, now let's take it a step further.  
**#10853 Wed 10 a.m. – Noon Queen Anne CC**

**Organized Bridge @ Queen Anne CC** **Free**  
Weekly Bridge games for experienced players; call to reserve a spot.  
**#10882 Fri 10 a.m. – 2 p.m. Queen Anne CC**  
**#10879 Mon 2 – 4 p.m. Queen Anne CC**

**Organized Bridge @ Magnolia CC** **Free**  
Call Kats Tinina 284-5688, to sign up for a foursome.  
**#10880 Wed 9 a.m. – 2 p.m. Magnolia CC**  
**#10881 Thu 8 a.m. – 2 p.m. Magnolia CC**

## BOOKS, WRITING, AND COMPUTERS

**Bookmobile Books**  
The Seattle Public Library brings new large print books to Queen Anne CC every other month. Check one out today.

**Book Exchange**  
Comfortable couches and reading area — browse through the book shelves, borrow a book, or bring a book to trade in.

**Seattle Times and PI**  
Comfortable couches and reading area at Queen Anne and Magnolia Community Centers weekdays from 9 a.m. to 4 p.m.

**Dessert and Discussion** **Free**  
Gather to discuss books and enjoy some treats. Group meets on the last Monday of every month.  
**Mondays 1:30 – 2:30 p.m. Queen Anne CC**

**Computers** **Free**  
Public access computers for senior adults at the Queen Anne Community Center. For information contact Tim Pretare.  
**Mon – Fri 9 a.m. – 4 p.m. Queen Anne CC**

## CULINARY ARTS

**Culinary Arts** **\$12/class**  
Join Rosangela to create new, exciting dishes, receive recipes, and have lunch.

**Stir Fry**  
Stir fry is not only delicious, but also economical, easy, and healthy.  
**#10850 Tue, Oct 3 10 a.m. – Noon Queen Anne CC**

**One Dish Dinner**  
Few things could be nicer at the end of a long day than a quick healthy one-dish meal.  
**#10851 Tue, Oct 31 10 a.m. – Noon Queen Anne CC**

**Hearty Italian Soups**  
Good, thick and hearty, soul-satisfying soups.  
**#10852 Tue, Nov 14 10 a.m. – Noon Queen Anne CC**

## SPECIAL EVENTS

**Mid-week Movies** **Free**  
Drop by to see a film of your choice each week.  
**Wednesdays 1:15 – 3:30 p.m. Queen Anne CC**

**Monday Meals** **\$3 (\$20 Meal Card available)**  
*Reservations required.* Fresh cooked healthy meals most Mondays. First-come, first-served; make a reservation at Queen Anne CC or contact Tim Pretare. Menu subject to change without notice.  
**Mondays Noon – 1 p.m. Queen Anne CC**

**Add Zest to Your Life** **Free**  
Come laugh, smile, and enjoy participating in this program. Jordan Cohen, age 82, the laugh coach featured on Channel 13, encourages, motivates, and inspires. **Instructor: J. Cohen**  
**Tuesdays 1 – 1:45 p.m. Queen Anne CC**

**Queen Anne CC Holiday Potluck** **Free**  
Bring your favorite holiday dish to share. Plates, utensils, and beverages provided.  
**Fri, Dec 1 Noon – 1:30 p.m. Queen Anne CC**

## WORKSHOPS AND SPEAKERS

**Travelogue** **Free**  
Slide shows from points all around the world. **Instructor: R. Nece**  
**Mondays 10:45 – 11:45 a.m. Queen Anne CC**  
**Oct 9: Samos to Libya Dec 11: Atlantic Scandinavia**  
**Nov 13: Montana "Big Sky"**

## PROGRAM PLANNING

**Program Planning Meetings** **Free**  
Come and give input on programs! Bring newspaper articles and ideas. The discussion will include trips, classes, special events and how to expand and improve programs. Group meets the first Thursday of each month.  
**First Thursday of the month 1 – 2 p.m. Queen Anne CC**  
**Fall Dates: Oct 5, Nov 2, Dec 7**

## Northeast Classes & Special Events

### Northeast Registration Information Classes/Special Events

Jayla McGill, Recreation Specialist  
206-386-9106

E-mail: [jayla.mcgill@seattle.gov](mailto:jayla.mcgill@seattle.gov)

**Fall Quarter Dates:** October 2 – December 15

**No classes:** Fri, Nov 10; Thu, Nov 23; Fri, Nov 24

**Make-ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

**Class Registrations:** Begin September 18. Please use the registration form on the back page of this brochure for classes only. Class dates/times are subject to change.

**All Class Payments:** Please make checks payable to: **City of Seattle**. Mail payments to: Senior Adult Programs, Attn: Jayla – NE, 8061 Densmore Ave N, Seattle, WA 98103-4436.

### Northeast Sites

Green Lake CC..... 7201 E Green Lake Dr N  
Laurelhurst CC..... 4554 NE 41st St  
*Closed for construction; scheduled to reopen Jan 2007.*  
Magnuson CC/Bldg 47 ..... 7110 62nd Ave NE  
Magnuson Brig/Bldg 406 ..... 6344 NE 74th St  
Meadowbrook CC..... 10517 35th Ave NE  
Ravenna-Eckstein CC ..... 6535 Ravenna Ave NE

**Mat Pilates** **\$30 – 1 day/wk**  
Strengthen core muscles: abdominals, lower back. Improve balance and release stress, renew energy. **Instructor: Yvonne Lasso**  
#11373 Mon 9:30 – 10:30 a.m. Magnuson Brig  
#11374 Wed 9:30 – 10:30 a.m. Magnuson Brig

**Pilates Fitness** **\$30 – 1 day/wk**  
Strengthen core muscles: abdominals, lower back. Improve balance and release stress, renew energy. **Instructor: Yvonne Lasso**  
#10909 Tue 9:30 – 10:30 a.m. Ravenna-Eckstein CC  
#10910 Fri 9:30 – 10:30 a.m. Ravenna-Eckstein CC

**Tai Chi (Wu Style)** **\$25 – 1 day/wk**  
Fall prevention strategies, improved circulation and balance; slow, gentle, short movements. **Instructor: John Proebstel**  
#10915 Wed 10 – 11 a.m. Green Lake CC  
#10916 Fri (Beg.) 11:45 a.m. – 12:45 p.m. Magnuson Brig  
#10917 Fri (Int.) 1 – 2 p.m. Magnuson Brig

**Yoga & Meditation** **\$25 – 1 day/wk**  
Gentle stretching to keep limber and build muscles. All skill/fitness levels. **Instructor: Judith Robin**  
#10920 Tue 10:15 – 11:15 a.m. Magnuson Brig  
#10921 Wed 9 – 10 a.m. Meadowbrook CC  
#10922 Fri 9:30 – 10:30 a.m. Meadowbrook CC

**Line Dance** **\$20 – 1 day/wk**  
Get out on that dance floor and move to the music! Great for the body & soul! No experience partner needed.  
#10906 Wed 8:45 – 9:45 a.m. Ravenna-Eckstein CC  
#10907 Fri (Beg.) 9:30 – 10:30 a.m. Magnuson Brig  
#10908 Fri (Int.) 10:30 – 11:30 a.m. Magnuson Brig

### ATHLETICS

**Pickleball** **\$2 drop-in (Age 65+ \$1)**  
A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please register by calling (206) 386-9106.

**Beginning**  
Mondays 11:30 a.m. – 1:30 p.m. Ravenna-Eckstein CC  
Tuesdays 11 a.m. – 1 p.m. Magnuson CC Gym  
Thursdays 12:05 – 2 p.m. Meadowbrook CC

**Intermediate/Advanced Play**  
Thursdays 10 – 11:55 a.m. Meadowbrook CC

### WALKING GROUPS

**Green Lake Walk Group** **\$5**  
Seattle Parks and Recreation and Swedish Medical Center bring you a walk program for all fitness levels. Meet at the Green Lake Community Center front entrance, stretch as a group, then walk around Green Lake at your own pace. Set a walk improvement goal — no-host lunch on last day to celebrate reaching your goal!  
#11375 Wed (10/11 – 11/15) 10 – 11 a.m. Green Lake CC

### AEROBICS, FITNESS, & DANCE

**Senior Aerobics** **\$20 – 1 day/wk**  
Feel better with upbeat fitness taught by certified instructors!

**Instructor:** ① Lisa Haynes ② Jane Shearer

#10912 Mon ① 9:30 – 10:30 a.m. Magnuson CC Gym  
#10911 Mon ② 10:15 – 11:15 a.m. Ravenna-Eckstein CC  
#10913 Wed ① 9:30 – 10:30 a.m. Magnuson CC Gym  
#10914 Thu ② 9 – 10 a.m. Ravenna-Eckstein CC

**Body Conditioning** **\$25 – 1 day/wk**  
Dynabands/free weights for overall strength conditioning.

**Instructor:** ① Peter Cannon ② Debbie Gotches ③ Carol Lorenz

#10888 Mon ① 10 – 11 a.m. Meadowbrook CC  
#10890 Thu ② 10:30 – 11:30 a.m. Green Lake CC  
#10889 Thu ③ 11:15 a.m. – 12:15 p.m. Meadowbrook CC

**Enhance Fitness** **\$20 – 1 day/wk**  
Aerobics Fitness designed for seniors with the option to use a chair or support. Improve balance, and cardiovascular health plus measure your progress in this low impact class. Free to Group Health Members with Part B Medicare coverage.

**Instructor:** ① Christina Purdy ② Blanka Jindvich

#10903 Tue ① 9 – 10 a.m. Magnuson Brig  
#10904 Thu ② 8:30 – 9:30 a.m. Magnuson Brig

## Northeast Classes & Special Events

### Meadowbrook Sound Steps

Free

Walks around the neighborhood, including the Meadowbrook Pond and Playfield areas. Meet in the Lobby. Question: 206-386-9106

Fri (10/6 – 12/29) 11:30 a.m. – 12:30 p.m. Meadowbrook CC

### Woodland Park Zoo

\$15/12 wks

Woodland Park Zoo/ Group Health Cooperative/ Seattle Parks invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Warm up with a fitness leader at 9:15 a.m.; walk begins at 9:30 a.m. Morning time is often when the animals are most active!

Register by mailing \$15 payable to Woodland Park Zoo (WPZ)

Society with name, address, phone, emergency phone, if needed park pass, to: Woodland Park Zoo, Attn: Education Department/Classes, 601 N 59th St., Seattle 98103.

Tue/Thu (10/2 – 12/31) 9:15 – 10:45 a.m. Woodland Park Zoo

### ARTS AND CRAFTS

#### Watercolor

\$60

Calling all artists — past present and future! Beginners: here's that opportunity you've been waiting for! Join our informal, fun group. Bring paint supplies. Instructor: Eunice Smith

#10918 Thu 12 – 2 p.m. Ravenna-Eckstein CC

### BOOKS AND WRITING

#### Meadowbrook Book Club

Meet once a month on the 3rd Wednesday to discuss a book provided by the Seattle Public Library. Register at (206) 386-9106

Instructor: L. Grace

Thursdays 11 a.m. – Noon Meadowbrook CC

Oct 19: *Bel Canto* by Ann Patchett Dec 21: TBA

Nov 16: *Ahab's Wife* by Sena Naslund

### CARDS AND GAMES

#### Intermediate Bridge

\$45

This class is for those with some playing experience. Instruction and free play time. Register with Laurelhurst CC at 684-7529.

Free play after class, 1:30 – 2:30 p.m. Instructor: C. Purpus

#10803 Thu (9/21 – 11/2) 12 – 1:30 p.m. Magnuson Brig

#### Drop-In Bridge

Free

All are welcome for drop-in play.

Thursdays 10 a.m. – Noon Magnuson Brig

#### Chess Club

Free

Join enthusiasts for a drop-in game of strategy and skill.

Instructor: W. Metzker

Fridays 1 – 5 p.m. Green Lake CC

### PROGRAM PLANNING

#### Where to go...What to do?!

Your input is needed for programming classes, day trips, and workshops! Share your ideas. Contact Jayla: 206-386-9106; Jayla.McGill@seattle.gov or Senior Adult Programs, 8061 Densmore Ave N, Seattle, 98103.

### CULINARY ARTS

#### Cooking Classes

\$12/class

Join our chef, Rosangela Seppala to create new, exciting dishes, receive recipes and have lunch.

#### Cooking with Yogurt!

Yogurt has many health benefits!

#10891 Wed, Nov 8 10 a.m. – Noon Meadowbrook CC

#### Squash and Eggplant

Fall is time for squash and eggplant!

#10900 Wed, Sep 27 10 a.m. – Noon Meadowbrook CC

#### Yum, Yum Tofu!

Marinate it! Fry it! Bake it! Crumble it!

#10902 Wed, Oct 11 10 a.m. – Noon Meadowbrook CC

#### Edible Gifts: Sweet and Savory Tarts & Pies

Are you wracking your brain for the perfect holiday gift? Edible gifts are great!

#10892 Wed, Nov 22 10 a.m. – Noon Meadowbrook CC

#### Stir-Fry — With or Without Wok

Quick, appetizing, healthy!

#10901 Wed, Oct 25 10 a.m. – Noon Meadowbrook CC

### PERFORMING ARTS

#### Senior Adult Chorus

\$12/month

"The Sounds of Music", a choral group under the direction of Ellen Ratner, whose repertoire includes selections from Broadway Musicals, ethnic folk music and favorite songs from the past one hundred years, seeks new members. No experience necessary. All ages welcome. Contact Kay Thode (206) 935-3796 for information. Rehearsal takes place at Lake City Community Center, 12531 28th Avenue NE.

Tuesdays 11 a.m. – Noon Lake City Comm Ctr

### SPECIAL EVENTS

#### Seniors "So Long Summer" Celebration! \$3.50/transportation

Come join the fun in Edmonds! Hear Chris Fordyce, MD, geriatrician, author, Group Health Cooperative — Quality of Life and Aging, Taking charge of your health, happiness and future. Also featuring sessions of topics of interest: Fall Prevention, Travel, Fun ways to Fitness & Strength Training, Aging Ears, Planning For Your Future, Healthy Cooking For A Healthy You. Free giveaways, blood pressure checks, pulmonary function testing, eyeglass cleanings. Special lunch available for small donation. Van rides (\$3.50) departing Lower Woodland 9 a.m., Meadowbrook CC 9:30 a.m. Must register at 206-386-9106 starting Sept. 18.

Thu, Oct 5 9 a.m. – 2:30 p.m.



## Northeast Trips

### Northeast Trip Registration Information

**Make checks payable to:** City of Seattle. **Mail checks to:** Senior Adult Programs, Attn: Jayla — NE, 8061 Densmore Ave N, Seattle, WA 98103-4436. **Payment must be received 5 working days prior to departure.**

**Trip Registration: Phone-in only** by calling 206-386-9106 **at 8 a.m. on the date listed** for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and one other person. You'll **only** be called back if you're on the wait list. All trip times, costs, and destinations are subject to change.

#### Pick-up Sites:

Green Lake CC..... 7201 E Green Lake Dr N  
Lower Woodland..... 55th & Green Lake Dr N  
(South of Green Lake Golf Course)

Magnuson CC..... 7110 62nd Ave NE  
Meadowbrook CC..... 10517 35th Ave NE  
Ravenna-Eckstein CC..... 6535 Ravenna Ave NE

**Southbound trips (S. bound):** Leave Meadowbrook, 30 min. before; Ravenna-Eckstein, 15 min. before; Green Lake, 5 min. before; Lower Woodland, at trip time listed.

**Northbound trips (N. bound):** Leave Lower Woodland, 30 min. before; Green Lake, 25 min. before; Ravenna-Eckstein, 15 min. before; Meadowbrook, at trip time listed.

**Please call for pick-up times from Magnuson CC.**

### Rosalie Whyel Museum of Doll Art

**\$6**

Off to Bellevue to step into a world of small wonders where history unfolds through the imagination and visionary world of doll makers. One of the world's foremost doll collections in an exquisite setting designed to showcase the art of the doll. \$6 admission (cash, **exact change**) on trip day. Then off to Redmond for lunch, on your own, at The British Pantry and Gift Shop. You'll love it!

**Southbound.**

**Mon, Nov 13**

**9:15 a.m. — 3 p.m.**

**Reg. Oct 20**

### Let's Explore Fremont!

**\$6.50**

Rosangela Seppala, our Culinary Arts Instructor Extraordinaire will guide us through her favorite shops of Fremont, including a tour of the heavenly Chocolate Factory. Lunch on your own at a nearby eatery. **Southbound.**

**Wed, Dec 6**

**10 a.m. — 3 p.m.**

**Reg. Nov 17**

### Point Defiance Zoo Lights

**\$8**

Travel to Tacoma to view Zoolights for the holidays. Bring \$5 cash/**exact change** admission (price subject to change) on trip day. Stop for refreshments afterwards (on your own.) **Southbound.**

**Mon, Dec 11**

**4 — 7 p.m.**

**Reg. Nov 9**

### Holiday Carol Singing

**Free**

Spread some joy to others this holiday season. Join us as we sing at area nursing homes. You don't have to be a great singer to come and be part of the fun. Song books and refreshments provided.

**Northbound.**

**Thu, Dec 14**

**12:15 — 3:15 p.m.**

### SENIOR ADULTS PROGRAMS: FIELD TRIPS

#### The Legend of Sleepy Hollow

**\$5**

The Headless Horseman rides again! Here is the spooky classic story by Washington Irving, complete with all the thrills, chills and laughs that keep audiences young and old on the edge of their seats. A Halloween treat presented by Edmonds's Driftwood Players. Showtime 2 p.m. Dessert Buffet (included) follows. Bring \$10 admission cash **exact change** on trip day. **Northbound.**

**Sun, Oct 22**

**1 — 6 p.m.**

**Reg. Sep 29**

#### Red Wind Casino

**\$8**

We're heading for Olympia to try our luck on some of the 675 slots, enjoy discounted Buffet Lunch and receive free gifts. **Northbound.**

**Mon, Oct 30**

**8:30 a.m. — 4:30 p.m.**

**Reg. Oct 6**

#### Seattle Design Center

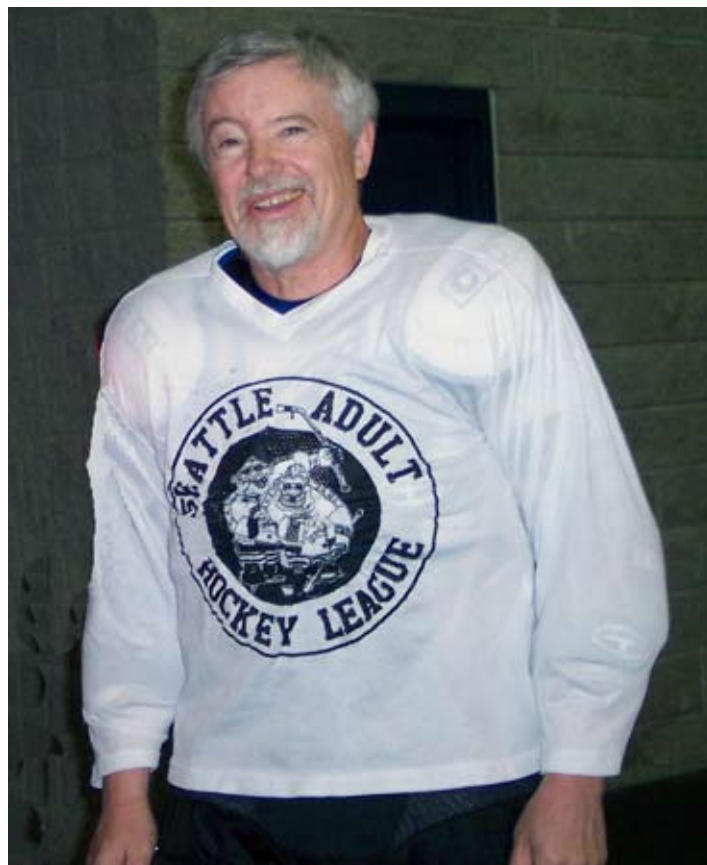
**\$5**

A designer will guide our tour through the showrooms and answer questions about products and designs. Purchases can be made through designer. Some stair-climbing. Then lunch on your own at Wolfgang Puck Restaurant. **Southbound.**

**Mon, Nov 6**

**10:15 a.m. — 2:30 p.m.**

**Reg. Oct 13**



# Northwest Classes & Special Events

## Northwest Registration Information Classes/Special Events

Carol Baxter, Recreation Specialist  
206-233-7138

**Fall Quarter Dates:** October 2 – December 15

**No classes:** Fri, Nov 10; Thu, Nov 23; Fri, Nov 24

**Class Registrations:** Begin September 18 at 9 a.m. by calling 206-233-7138

**All Class Payments:** Please Make checks payable to: **City of Seattle**. Mail to: Senior Adult Programs, Attn: Carol – NW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

### Northwest Sector Sites

Ballard CC ..... 6020 28th Ave NW  
Bitter Lake CC..... 13035 Linden Ave N  
Carkeek Park ELC ..... 950 NW Carkeek Park Rd  
Loyal Heights CC..... 2101 NW 77th St  
Northgate CC ..... 10510 5th Ave NE

**Men and Women's Circuit Training** **\$25 – 1 day/wk**  
Gain strength and increase your endurance, all at the same time.  
Great for overall conditioning and fitness!

**Instructor:** Laura Quandt

#11015 Tue 9:30 – 10:30 a.m. Loyal Heights CC

#11016 Thu 9:30 – 10:30 a.m. Loyal Heights CC

**Instructor:** Carol Lorenz

#11017 Thu 1 – 2 p.m. Northgate CC

**Walk & Tone** **\$25**

This class includes walking, stretching and strengthening to great music. Have fun while improving your health. Taught by instructor Suzanne Matchett.

#11113 Fri 8:30 – 9:30 a.m. Ballard CC

**Tai Chi (Wu Style)** **\$25**

Fall prevention strategies, improved circulation, slow, gentle, short movements. Instructor John Probestel.

#11202 Mon 1 – 2 p.m. Northgate CC

**Yoga** **\$30 – 1 day/wk**

Gentle stretching to keep limber and build muscles, improve breathing, and balance. All skill/fitness levels. Instructor Paul Federowicz.

#11026 Tue 10:15 – 11:15 a.m. Northgate CC

#11027 Thu 10:15 – 11:15 a.m. Bitter Lake CC

**Sound Steps Northgate Mall Walk** **Free**

Get fit, make new friends, and get your shopping errands done all at once! Meet at the food court by Starbucks. To register, call Mari at 684-4664.

Thursdays 9 – 10 a.m. Northgate Mall

**Sound Steps Greenwood Walk** **Free**

Enjoy a walk around the neighborhood with friends! Meet at

Greenwood Senior Center, 525 N 85th St

Wednesdays 10:30 – 11:30 a.m. Greenwood Sr Ctr

**Senior Dance** **\$3.50**

Step out to the sound of our band, The Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes- and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

Thursdays 1 – 3 p.m. Bitter Lake CC

**Pickleball** **\$2 drop-in (Age 65+ \$1)**

Learn this fun game that is played indoors and is a cross between tennis and table tennis. All equipment provided!

Tuesdays 10:30 a.m. – 12:30 p.m. Bitter Lake CC

Tuesdays 11 a.m. – 2:30 p.m. Ballard CC

Wednesdays 12:30 – 2:30 p.m. Loyal Heights CC

Fridays 12:30 – 2:30 p.m. Bitter Lake CC

## AEROBICS, FITNESS, AND DANCE

**Senior Aerobics** **\$20 – 1 day/wk**

Join a friendly, low impact aerobics class that will help energize you. Body strengthening and stretching taught by a certified instructor.

#11022 Mon 9 – 10 a.m. Ballard CC

#11023 Thu 9 – 10 a.m. Bitter Lake CC

#11024 Thu 10:45 – 11:45 a.m. Loyal Heights CC

#11025 Mon 10:45 – 11:45 a.m. Northgate CC

**Arthritis Foundation Exercise Program** **\$30**

PACE=People With Arthritis Can Exercise, class includes range of motion, strengthening and much more.

#10924 Tue 9 – 10 a.m. Ballard CC

**Body Conditioning** **\$25**

This class is perfect for all fitness levels. Gain strength and greater flexibility. Look and feel better. Use dynabands/free weights/balls for strength conditioning.

#10926 Tue 10:50 – 11:50 a.m. Bitter Lake CC

**Conditioning with Free Weights** **\$30 – 1 day/wk**

This class is for seniors wanting to get stronger. It will focus on functional strength-using free weights, foam rollers and tubes. Instructor Sheryl Love.

#11013 Tue 9 – 10 a.m. Northgate CC

#11012 Thu 9 – 10 a.m. Northgate CC

**Line Dance** **\$20**

Get out on that dance floor and move to the music! Great for the body & soul! No experience partner needed. Instructor Jayla McGill.

#11014 Tue 9 – 10 a.m. Ballard CC

# Northwest Classes & Special Events

## MOVIES AND MEALS

### Movie & Lunch Mondays \$5.50/movie

Meet other silver screen fans and enjoy a movie with a themed lunch. Pre-registration required, call (206) 233-7138 for information.

Mondays	10:15 a.m. – 1 p.m.	Ballard CC
#11019	Mon, Oct 16	<i>The Greatest Game Ever Played</i>
#11020	Mon, Nov 13	<i>The Unsinkable Molly Brown</i>
#11018	Mon, Dec 11	<i>Christmas with the Kranks</i>

### Lunch Club \$4 + meal

Explore the hottest local foods with fun people. Register Sept. 20 at 8 a.m. to reserve your seat (206) 233-7138. There is an automatic 17–20% gratuity on your table's tab. Meet at Ballard CC at 11 a.m. Each trip is \$4 paid in advance.

Tue, Oct 10	Crabpot Restaurant (\$\$)
Tue, Nov 7	Saltie's on Alki
Tue, Dec 12	Red Crane Steak & Sushi at Club Hollywood

### Cooking \$12/class

Join Rosangela in the kitchen to create wonderful recipes that you won't forget. The best part, you get to enjoy your creations for lunch. Please register at (206) 233-7138. Hurry — space is limited.

#### Squash 101

Learn how to make scrumptious squash ravioli.

Tue, Oct 24	10 a.m. – Noon	Northgate CC
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### Savory & Sweet Dishes with Pumpkin (besides pie)

Get creative with pumpkin, and show off a new recipe to your friends and family this holiday season.

Tue, Nov 21	10 a.m. – Noon	Bitter Lake CC
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### Festive Holiday Drinks

Jazz up a holiday party or family get together with a delicious drink.

Tue, Dec 5	10 a.m. – Noon	Northgate CC
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## CARDS, GAMES, AND CRAFTS

### Beginning Bridge \$30

Beginning Bridge classes are hard to find, so get the word out. Start with the basics and play away. Short classroom instruction, lots of practice. Goal: Bridge addiction and FUN. You don't need a partner.

#10925	Mon	9 – 11 a.m.	Bitter Lake CC
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### Bridge: Sharpen Your Defensive Skills \$30

This duplicate-style class focuses on a limited topic each Quarter with repetition, drills and a textbook to help you along. Past topics have been no-trump, 2-suited hands, slam hands, etc. Bring a lunch.

#10927	Mon	11:30 a.m. – 1:30 p.m.	Bitter Lake CC
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### Open Bridge Free

Party bridge managed by Leo, call (206) 364-4604 if you have questions.

#11021	Thu	1:30 – 4:30 p.m.	Bitter Lake CC
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## SPECIAL EVENTS

*Please register for all special events at least one week prior to the event so we can have appropriate seating available.*

### AARP Driving Class \$10

Save money on your insurance. Sharpen driving skills and compensate for normal age related physical changes. Class is 2 days.

**Bring \$10 check made out to AARP on first day.**

Thu, Oct 12 & Fri, Oct 13	9 a.m. – 1 p.m.	Northgate CC
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### Financial Planning Free

Estate planning specialist provides information about trusts, alternatives to probate, and options for reducing estate taxes. Bring your questions.

Tue, Oct 17	10:30 a.m. – Noon	Loyal Heights CC
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### Almost *The Antiques Road Show* Free

Pacific Galleries will be here to assist you in discovering if what you have is a treasure or not. Each person is limited to bringing one item to be appraised.

Fri, Oct 27	1 – 3 p.m.	Ballard CC
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### You and Your Diet Free

Do you wonder if you are getting the correct nutrition? A local dietician from Swedish Medical Center will be here to talk about the changing needs of your diet as you age.

Tue, Oct 31	10:15 – 11:30 a.m.	Ballard CC
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### Chess Tournament Free

All ages are welcome. The Fall Inter-generational Chess Tournament will be held at Loyal Heights Community Center (located at 2101 NW 77th). Coffee, punch and treats provided. Bring your

chessboard and pieces. Call 233-7138 for further details.

Fri, Nov 17	2:30 – 4:30 p.m.	Loyal Heights CC
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### Thanksgiving Dinner \$10

Enjoy a pre-celebration with friends. Enjoy all the traditional delights that will be served, all you need to bring is your appetite. Must register by Nov. 16th.

Sun, Nov 19	11 a.m. – 1 p.m.	Bitter Lake CC
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### Wreath Making \$5

Deck the halls with bows of holly. Join us as we take fresh cut bows of holly, cedar, and pine to make wreaths or door ornaments to decorate for the holidays.

#11203	Thu, Nov 30	10 a.m. – Noon	Carkeek Park ELC
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### Holiday Tea \$3

Bring your favorite tea cup with you! We will supply the refreshments and tea.

Thu, Dec 7	1 – 2:30 p.m.	Northgate CC
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## Northwest Field Trips

### Northwest Trip

#### Registration Information

**Make checks payable to:** City of Seattle.

**Mail checks to:** Senior Adult Programs, Attn: Carol – NW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

**Trip Registration: Phone-in only** by calling 206-233-7138 **at 8 a.m. on the date listed** for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and one other person. You'll **only** be called back if you're on the wait list. All trip times, costs, and destinations are subject to change. **Payment must be received 5 working days prior to departure.**

#### Pick-up Sites:

*(Please park your car on the road.)*

Ballard CC ..... 6020 28th Ave NW

Bitter Lake CC..... 13035 Linden Ave N

Northgate CC..... 10510 5th Ave NE

**Southbound trips (S-Bound):** Leave Northgate CC, 30 min. before; Bitter Lake CC, 15 min. before; Ballard CC, at trip time listed. **Northbound trips (N-Bound):** Leave Ballard 30 min. before; Bitter Lake 15 min. before; Northgate, at trip time listed. **Vans will only wait 5 minutes for late people.**

### Fall Colors Tour

**\$12**

View part of the beautiful Cascade Mountain Loop at we head out to see the fall colors. We will head just over Stevens Pass to Lake Wenatchee to stretch our legs with a short walk. We will stop for lunch- on your own.

**Wed, Nov 8**

**9 a.m. – 3:30 p.m.**

**Northbound**

### Poinsettias and Lights

**\$10**

We are heading out for a day of holiday festivities. First we will head to Molbak's for the Festival of Poinsettias, then onto Wright's Nursery in Lynnwood, we will stop for an early dinner, on your own, then weave our way home to see holiday light displays.

**Wed, Dec 13**

**2 – 7 p.m.**

**Northbound**

### Holiday Carol Singing

**Free**



Spread some joy to others this holiday season. Join us as we sing at area nursing homes. You don't have to be a great singer to come and be part of the fun. Song books and refreshments provided.

**Limited pick-up points: Bitter Lake at 12:15 p.m.**

**Northgate at 12:30 p.m.**

**Thu, Dec 14**

**12:30 – 3 p.m.**

### Dead Sea Scrolls

**\$6**

Discover the legendary Dead Sea Scrolls for yourself. Learn how science traced ancient history through modern technology, and experience the religious and cultural impact of the scrolls. Bring \$8 with you for admission. Have lunch at the center house afterwards.

**Wed, Oct 4**

**9:15 a.m. – 1 p.m.**

**Southbound**

### Bastyr University Tour

**\$10**

Bastyr University is known for its research in the study of natural healing. Now you have the chance to tour the university and garden. After, enjoy a vegetarian lunch in the cafeteria after the tour- on your own. A suggested donation of \$5 is asked for the tour. Bring cash for your lunch, no credit cards accepted.

**Mon, Oct 9**

**9:30 a.m. – 2 p.m.**

**Northbound**

### Seattle Repertory Theater: *Doubt*

**\$20**

John Patrick Shanley's 2005 Pulitzer Prize and Tony Award-winning *Doubt* is a riveting exploration of paranoia and suspicion in the Catholic Church. Set in a Bronx parochial school in 1964 evidence of a priest's wrongdoing comes to light. An intense and personal power struggle between Sister Aloysius and Father Flynn ultimately calls into question both faith and justice in the shadows of this cloistered institution.

**Wed, Oct 18**

**1:20 – 4 p.m.**

**Southbound**

### Seattle Premium Outlet Stores and Tulalip

**\$6**

Find great deals at the many outlet stores where we will spend our morning. Then we will head to the casino for lunch, with a little time for playing.

**Wed, Nov 1**

**9:30 a.m. – 3 p.m.**

**Northbound**

### Nature Walks and Hikes

**\$5.50/walk**

Enjoy forests, streams, and more. Walk at your own pace for up to 1½ hours. To register, call October 2 at 8 a.m. Wear all-terrain shoes. Bring a sack lunch.

**Van pick-up: Ballard CC**

### Sammamish River Trail

Paved and level. Start at Marymoore. Bring sack lunch.

**Wed, Oct 25**

**10 a.m. – 2 p.m.**

### Seward Park

Paved and level. Lunch on your own in Columbia City.

**Tue, Nov 7**

**10 a.m. – 2 p.m.**

### Camp Long

Paved and level. Lunch on your own in West Seattle.

**Tue, Dec 12**

**10 a.m. – 2 p.m.**

### Volunteer Opportunities

**Free**

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide drinks and treat. Name the park with which you'd like to assist. Van pick-up from Ballard Community Center. Register beginning September 18 at 8 a.m.

**Tue, Oct 3 Atlantic Street Nursery**

**10:15 a.m. – 1 p.m.**

**Tue, Nov 14 Carkeek Park**

**10:15 a.m. – 1 p.m.**



## Senior Adult Program Registration Instructions

### For classes, special events or other programs (not trips):

1. Choose the classes you would like to attend.
2. Use the registration form in the brochure; list each class by title, day of the week, time, class fee and community center in the grid provided on the form. For programs that do not have a registration fee put a zero in the fee column.
3. Fill in your personal information completely, including a phone number where we can reach you or leave you a message during the day.
4. Add up the total fees from all classes for which you're registering and write one check for the total amount. Make sure you specify the classes for which the check is written.
5. Please write the name of the recreation specialist and geographic sector on the envelope. See payment instructions for example.

### Payment instructions:

Make checks payable to **City of Seattle**. Remove the registration form from the brochure, mark on check what you are paying for, and mail both to:

Senior Adult Programs  
**ATTN: Name of Recreation Specialist and geographic sector**  
**(Example: Mary Dalzell – SW)**  
8061 Densmore Ave. N.  
Seattle, WA 98103-4436

### For trip registration:

*Registration procedures may vary between the different geographic sectors of the City, so please refer to specific instructions detailed on the trip pages for exact procedures.*

1. Choose the trips in which you wish to participate.
2. Read the specific instructions for that geographic sector on how to reserve your place on a van. Most field trips have a registration beginning date which means that you cannot register before the date listed. Reservations are taken on a first-come, first-served basis, and, in most cases, a limited number of seats are available. Popular trips fill quickly.
3. Once you've made your reservation (if not placed on a waiting list) please send your check for payment to us as soon as possible. Registration fees must be received in our office at least five days before the scheduled date of the trip or you will lose your reservation (you will be contacted) and your place will be given to the next person on the waiting list.

### Trip tips and info:

Some questions have come up about the trip program. If you cancel your trip five days prior to the trip, you will receive reimbursement MINUS a required administration fee (15%). If you do not arrive on time at the pick up points or if you chose not to go and cancel the day of, and without cause, your fee will not be reimbursed. ***We want new "trippers."*** ***If you bring a new (never been on a trip) trip "rookie," you can pre-register for the trip.***

**Important note:** Registration forms and payment must be received by mail 24 hours before the beginning of the class (5 working days for field trips) for you to participate. Please be sure to mail in payments several days before the program begins as it can take 2 to 4 business days for us to receive and process your registration. **Questions? Please call 206-684-4951.**

## Senior Adult Advisory Council

### You Can Make a Difference!

The Senior Adult Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all abilities and backgrounds.

Our Advisory Council is looking for qualified new members. Meetings are held monthly to address programs, policies, and financial issues. Citizen direction and participation are vital to our success. Advisory Council members create scholarship opportunities through grant writing and develop fund-raising activities. If you'd like to get involved, please call the Senior Adult Office at 206-684-4951.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

### We would like to thank the following Senior Adult Advisory Council members for their support:

Martha Becker	Kay Herndon	Linnea Mattson
Thelma Coney	Connie Horner	Wayne Metsker
Timmie Faghin	Cecelia Kelly	

### Scholarships

Our Advisory Council wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Scholarships are available on a limited basis. Applications may be obtained by calling 206-684-4951. Applications must be turned in before the first day of the quarter.

### The Senior Adult Program Advisory Council needs your help!

Have you benefited from Senior Adult Programs? Has your health improved? Do the programs meet certain needs that are important to you? We are looking for examples of your positive experiences with senior adult programs. Please put these experiences in writing or e-mail me before April 15 and provide me with contact information so that I might connect with you if I have questions. Thank you! Send to: Linnea Mattson, Chair, Senior Adult Advisory Council 8061 Densmore Ave N, Seattle, WA 98103-4436.





Senior Adult Programs  
100 Dexter Ave N  
Seattle, WA 98109-5590  
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**Mail-in Registration**

**Registration Information**

You are welcome to use the following form to register for any class/workshop (not trips; trips are phone-in only) offered by Senior Adult Programs. All registrations must be accompanied by payment in the form of check or money order (***no cash please***). If you have any questions about how to fill out this form, please contact the Recreation Specialist for the program you are interested in (see page 23 for details).

**Payment**

Please make check or money order payable to **City of Seattle** and mail to the appropriate address (see page 23 for details).

**Fragrance Free Courtesy**

Please refrain from the use of any men’s or women’s fragrant personal care products while participating in Senior Adult programs and trips. Your chemically-sensitive co-participants will thank you!

Class Title	Day	Time	Fee	Class Location

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

ZIP: \_\_\_\_\_

Total Fee Enclosed: \$ \_\_\_\_\_

Phone: \_\_\_\_\_

**We’re looking for Volunteer Drivers who enjoy people and travel. All costs (lunches, admissions, etc.) are covered. If you’re interested, please call 206-684-4951.**